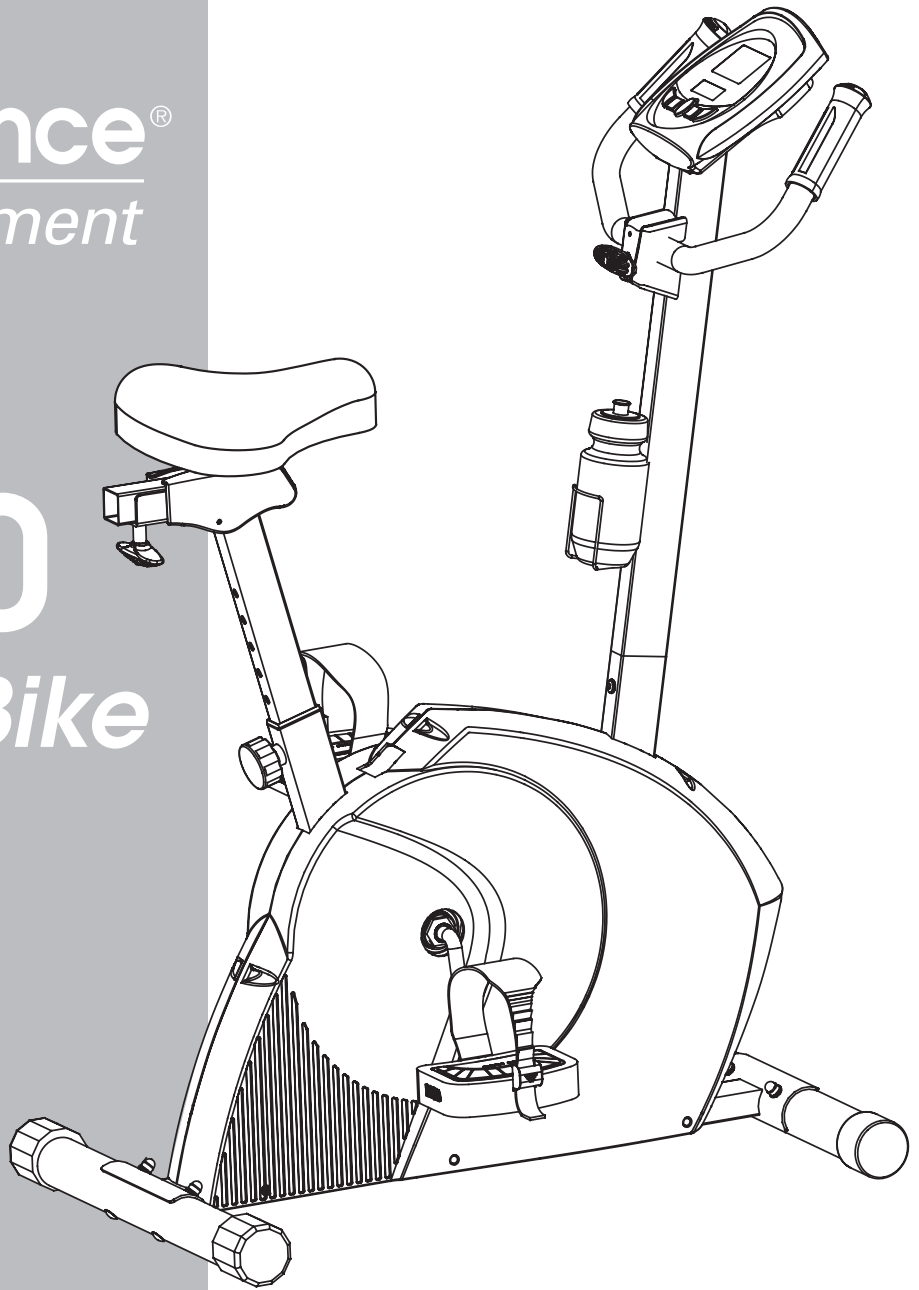




**new balance**<sup>®</sup>  
*fitness equipment*

# 5K 5100

*Upright Bike*



## **OWNER'S MANUAL**

*FOR MAXIMUM EFFECTIVENESS  
AND SAFETY, PLEASE READ THIS  
OWNER'S MANUAL BEFORE USING YOUR  
NEW BALANCE 5K 5100 UPRIGHT BIKE*

## TABLE OF CONTENTS

Important Safety Instructions .....	2
Unit Warning Labels .....	3
Specifications & Parts .....	3
Introduction .....	4
Customer Service/Ordering Parts .....	4
Assembly Instructions.....	5-8
Parts List & Exploded View .....	9
Getting Started .....	10
Using Your Upright Bike .....	10-11
Using the Pulse Function on the Front Handlebar.....	11
Operating the Computer .....	12-14
Exercise Guidelines .....	15
Knowing the Basics.....	15
A Complete Exercise Program.....	15-16
Aerobic Exercise: How Much? How Often? .....	16
When to Exercise .....	16
Measuring Your Heart Rate .....	17
Clothing .....	17
Tips to Keep You Going.....	17
Heart Rate Target Zone Chart.....	18
Warm Up & Cool Down Stretches .....	19-20
Care & Storage .....	21
Workout Progress Charts .....	22-23
Exercise Data Chart.....	24

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Fitness Quest Inc. is the exclusive licensee of New Balance Athletic Shoe Inc.  
U.S. Design Patent No. D510,965 and other Patents Pending.

# IMPORTANT SAFETY INSTRUCTIONS

*Read all instructions before using this machine*

## **CAUTION:**

**Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.**

- 1)** Before starting this or any other exercise program, consult your physician, who can assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments.
- 2)** Monitor your heart rate while you exercise and keep your estimated pulse rate within your target heart rate zone. Follow the instructions on pages 17 and 18 in this manual regarding heart rate monitoring and how to determine your appropriate target heart rate zone. When used properly, the heart rate pulse sensors, wireless chest strap and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.
- 3)** Warm up before any exercise program by doing 5-10 minutes of aerobic activity, followed by stretching.
- 4)** Wear comfortable clothes that allow freedom of movement and that are not tight or restricting.
- 5)** Wear comfortable shoes made of good support with non-slip soles. Follow the instructions on page 10 for exercising in your bare or sock covered feet.
- 6)** Breathe naturally, never holding your breath during an exercise.
- 7)** Avoid over training. You should be able to carry on a conversation while exercising.
- 8)** After an exercise session, cool down with slow walking and stretching.
- 9)** This equipment should not be used by or near children.
- 10)** Handicapped or disabled people must have medical approval before using this equipment and should be under close supervision when using any exercise equipment.
- 11)** If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential.
- 12)** Use this equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 13)** Only one person at a time should use this equipment.
- 14)** Do not put hands, feet, or any foreign objects on or near this equipment when in use by others.
- 15)** Always use this equipment on a level surface.
- 16)** Never operate the equipment if the equipment is not functioning properly.
- 17)** Start exercise slowly and gradually increase the amount of resistance.
- 18)** If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop exercise at once and consult a physician immediately.
- 19)** Use caution not to pinch fingers or hands in moving parts when using the equipment.
- 20)** Risk of electrical shock. This equipment is to be used **only** indoors and in a dry location.

**KEEP THESE INSTRUCTIONS**

# UNIT WARNING LABELS

**Important: See below for placement of the following warning labels on your unit.**

## WARNING LABEL 1

### ⚠ WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 275 LBS. REPLACE THIS LABEL IF DAMAGED, ILLEGIBLE OR REMOVED. CLASS HC.

## WARNING LABEL 2 (3 locations)

### ⚠ WARNING

MAKE SURE HEIGHT ADJUSTMENT KNOB AND T-KNOBS ARE SECURE BEFORE BEGINNING EXERCISES.

## WARNING LABEL 3

### ⚠ WARNING

DO NOT PLUG THE AC ADAPTER INTO WALL UNTIL ELECTRONICS MONITOR IS COMPLETELY ASSEMBLED.

## WARNING LABEL 4

### ⚠ WARNING

RISK OF ELECTRICAL SHOCK. THIS UNIT IS TO BE USED ONLY INDOORS AND IN A DRY LOCATION.

# SPECIFICATIONS & PARTS

## New Balance 5100

### Specifications:

Approximate:

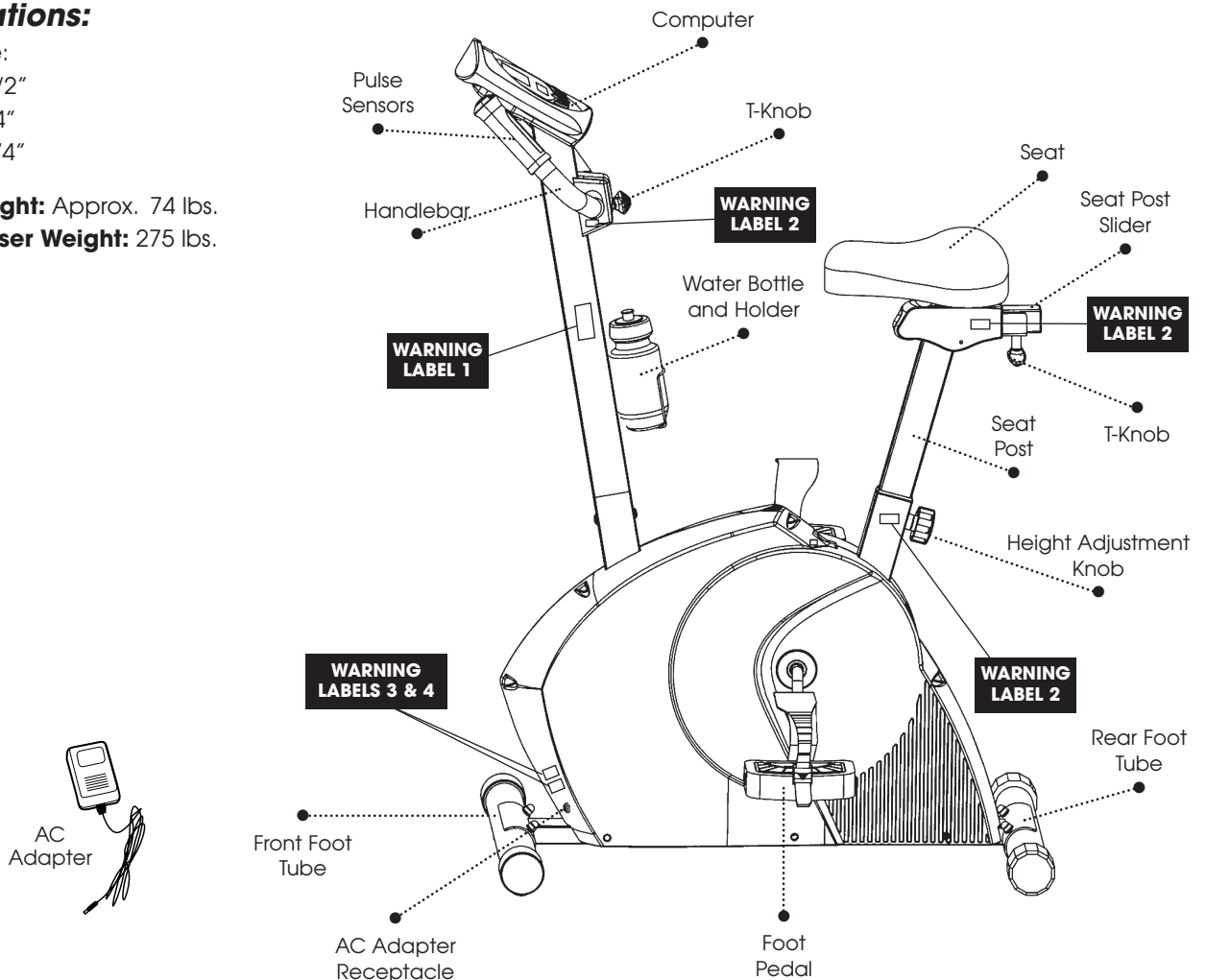
**Length:** 36-1/2"

**Width:** 23-1/4"

**Height:** 53-1/4"

**Product Weight:** Approx. 74 lbs.

**Maximum User Weight:** 275 lbs.



## INTRODUCTION

### CONGRATULATIONS ON PURCHASING YOUR NEW BALANCE 5K 5100 UPRIGHT BIKE

With this product in your home, you have everything you need to start your own workout program to tone and firm the major muscle groups of your lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is toning, health maintenance, or more energy for daily activities.

Proper exercise, including a low fat diet, strength training and aerobic exercise, tones and conditions the muscles we use every day to stand, walk, lift and turn. It can actually transform our body composition by reducing body fat and increasing the proportion of lean muscle in our bodies. Using your Upright Bike will help in reducing body fat and increasing cardiovascular endurance.

Be sure to read through this Owner's Manual carefully.

**It is the authoritative source of information about your upright bike.**

**Retain this manual for future reference.**

### CUSTOMER SERVICE

Dear Customer,

Congratulations on your purchase of the New Balance 5K 5100 Upright Bike.

We're sure that you will be completely satisfied with the product and we invite your comments so that we can hear about your success.

Please write or call our Customer Service Specialists at the address or phone number listed below, or contact us by email or on our web site, with any comments or questions you may have.

**New Balance Fitness Equipment -  
5K 5100 Upright Bike  
Customer Service Department  
1400 Raff Road SW, Canton OH 44750-0001**

1-800-292-5009, Monday through Friday  
8:30am to 8:00pm, Eastern Standard Time

***Please do not call the above number for Parts.  
See Ordering Missing or Defective Parts section  
to the right.***

Email: [customersupport@fitnessquest.com](mailto:customersupport@fitnessquest.com)  
[www.newbalancefitness.com](http://www.newbalancefitness.com)

*All details depicted in this Owner's Manual, and of the product itself, are subject to change without notice.*

### ORDERING MISSING OR DEFECTIVE PARTS

**When ordering parts, please contact our  
Parts Department, toll free at 1-800-497-5831,  
Monday through Friday, 8:30am to 8:00pm, EST.**

**IMPORTANT:** You must have your serial number and this manual ready when calling for parts.

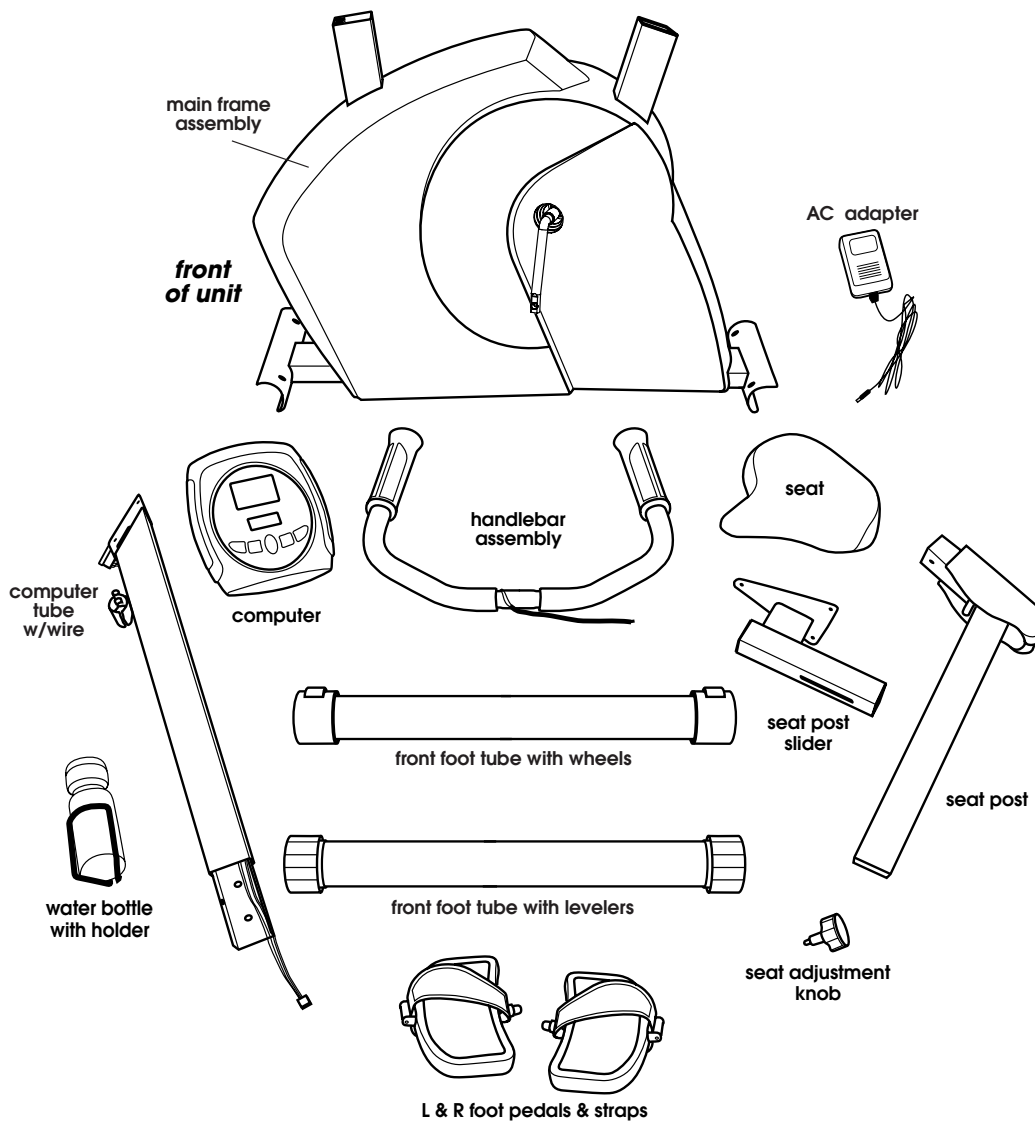
Serial #: \_\_\_\_\_

***Please also provide the following information:***

- 1)** Name, Mailing Address and Telephone Number
- 2)** Date of Purchase
- 3)** Where Product was Purchased  
(Name of Retail Store, City)
- 4)** Model Number (NB5100-2)
- 5)** Part Order Number and Description

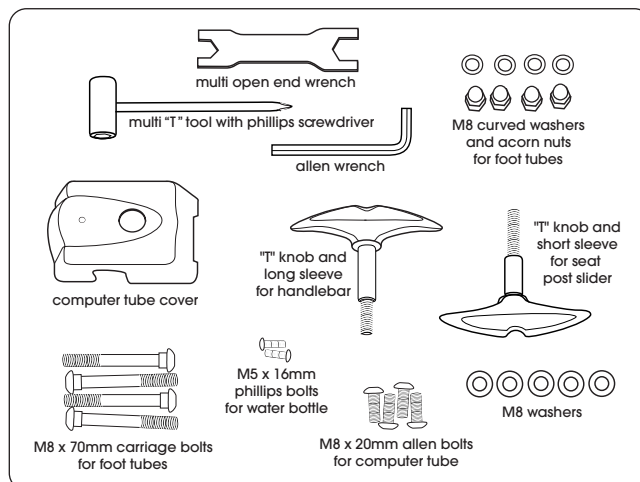
# ASSEMBLY INSTRUCTIONS

Occasionally our products contain components that are pre-lubricated at the factory. We recommend that you protect flooring, or anything else the parts may contact, with newspaper or cloth.



## Tools Required: (included)

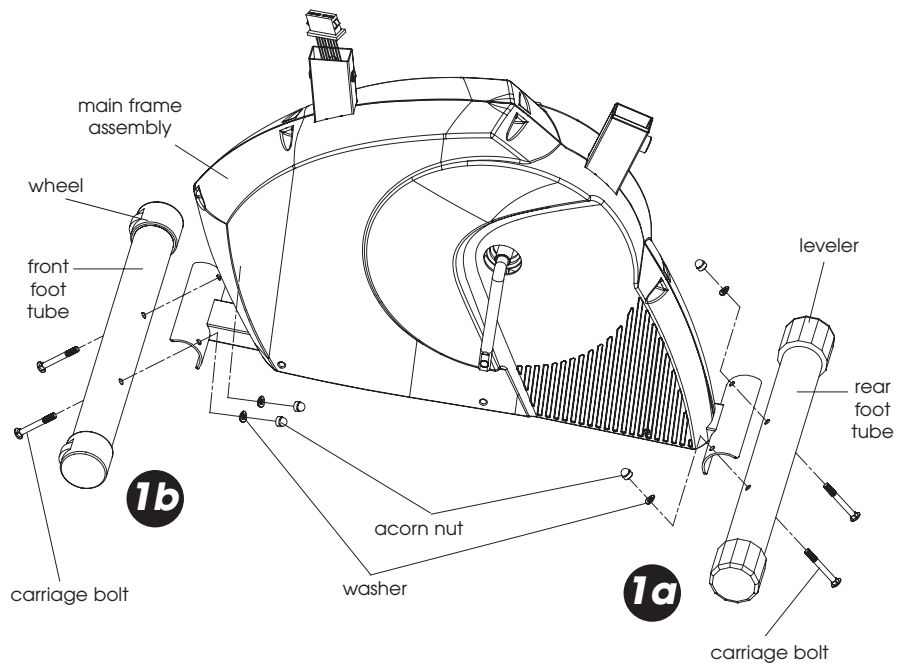
- Multi "T" Tool with Phillips Screwdriver
- Allen Wrench
- Multi Open End Wrench



## Fastener Pack

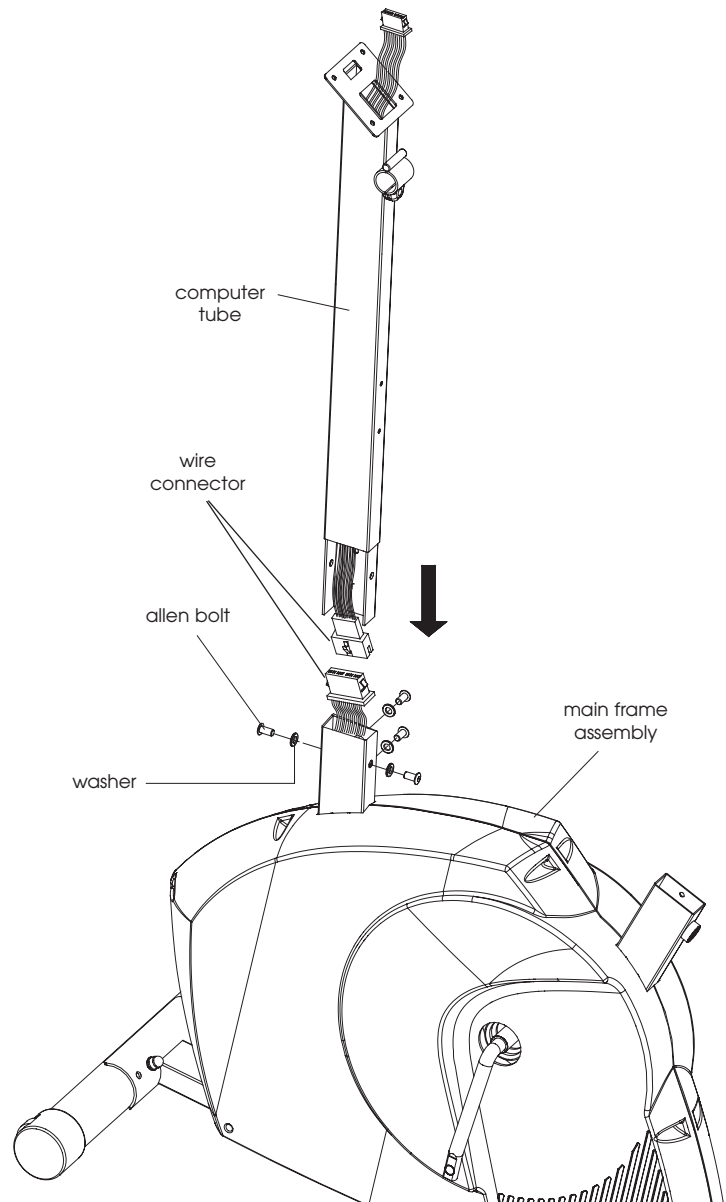
## STEP 1 - Foot Tube Assembly

- a) Align the Rear Foot Tube with Levelers with the rear of the Main Frame Assembly. Make sure the square holes in the Rear Foot Tube are on the outside. Insert Carriage Bolts from fastener pack through the Rear Foot Tube with Levelers and Main Frame Assembly. Secure with Curved Washers and Nuts also from the fastener pack. Tighten with the Wrench provided.
- b) Repeat on the front of the unit using the **Front Foot Tube with Wheels**. Make sure wheels are facing forward (away from the unit) during assembly.



## STEP 2 - Computer Tube Assembly

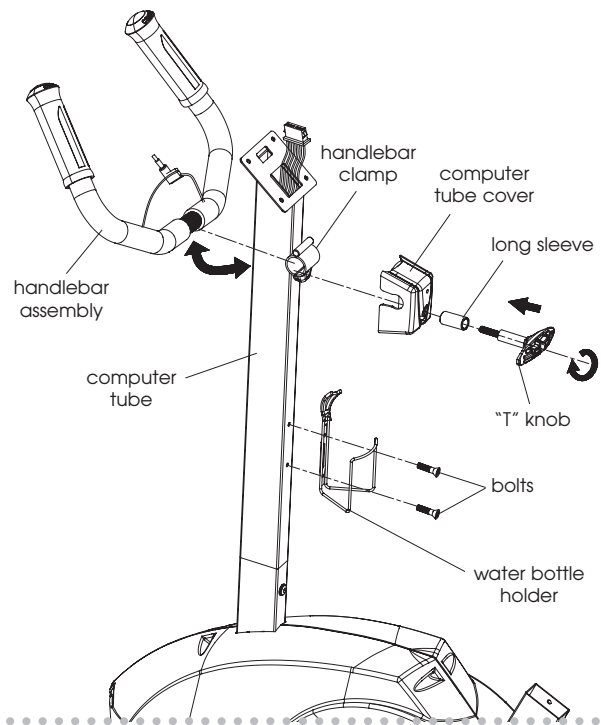
- a) Attach the Wire Connector from the Main Frame Assembly to the Wire Connector coming out the bottom of the Computer Tube. **Computer Tube should angle down towards the front of the unit as shown.**
- b) Insert the Computer Tube into the front of the Main Frame Assembly tucking the wires down into the Main Frame Assembly. **Be careful not to pinch the wires. Gently pull the wires up from the top of the Computer Tube to prevent any slack in the wires at the base of the Computer Tube.**
- c) Secure the Computer Tube in place with the four allen bolts and washers from the fastener pack. Tighten with the Allen Wrench provided.





### STEP 3 - Handlebar Assembly

Lift the Handlebar Clamp on the top of the Computer Tube. Position the Handlebar Assembly in the "U" and close the Clamp. Place the Computer Tube Cover over the closed Clamp and Handlebar. Insert the T-Knob and Long Sleeve and rotate it clockwise to secure the Handlebar.



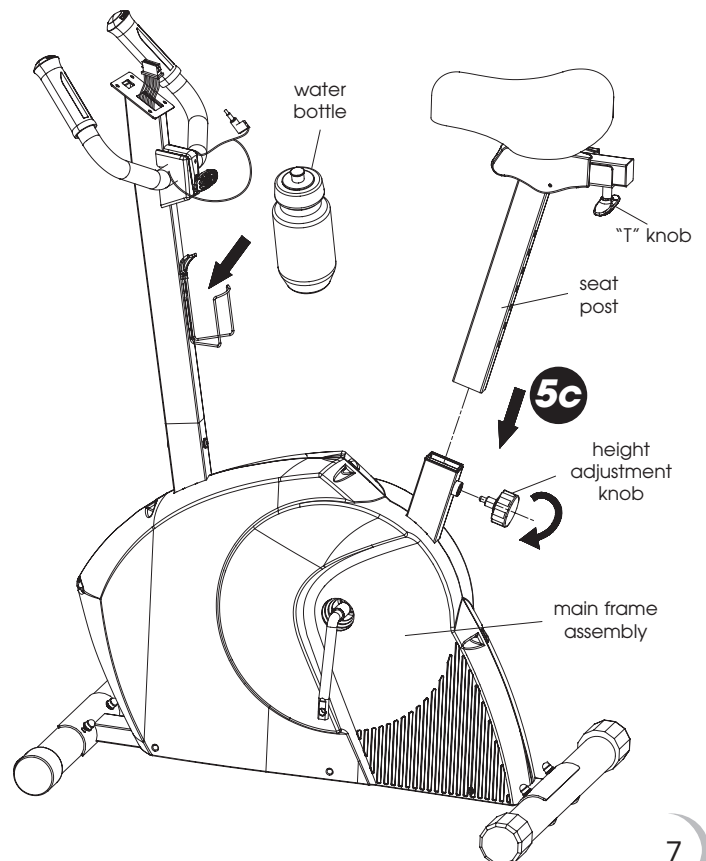
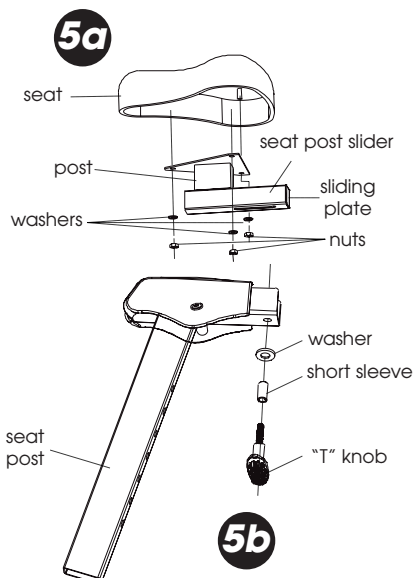
### STEP 4 - Water Bottle Holder Assembly

Line up Water Bottle Holder and attach to the Computer Tube by using the Phillips Bolts from the fastener pack. Tightening them with the Phillips Screwdriver provided.

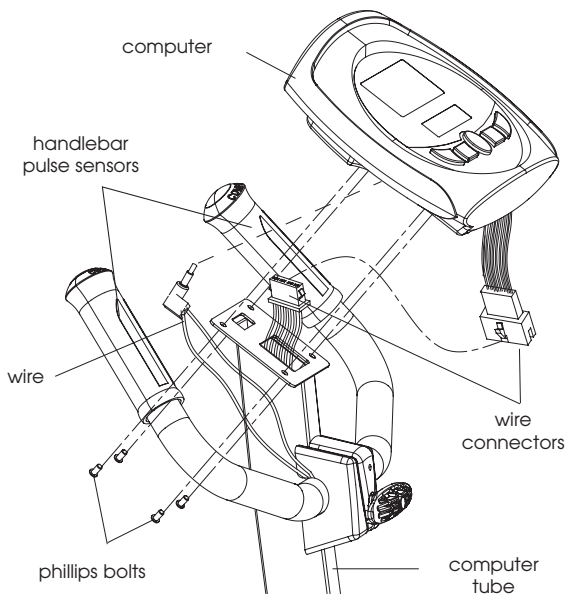
*You can place the water bottle in the holder at any time.*

### STEP 5 - Seat Assembly

- Remove the Nuts and Washers from the bottom of the Seat. Attach Seat Post Slider to the bottom of the Seat with Nuts and Washers removed at the beginning of this step.
- Slide the Seat Post Slider into the Seat Post and secure using the T-Knob, Short Sleeve and Washer from the fastener pack. **Make sure the T-Knob is threading into the hole in the sliding plate inside the Seat Post Slider.**
- Slide the Seat Post into the rear of the Main Frame by loosening the Height Adjustment Knob (aligning the holes with the Adjustment Knob). Once in position, and the Knob is in a hole, turn the Height Adjustment Knob to tighten it. **Make sure the T-Knob and Height Adjustment Knob are secure before beginning exercises.**







## STEP 6 - Computer Assembly

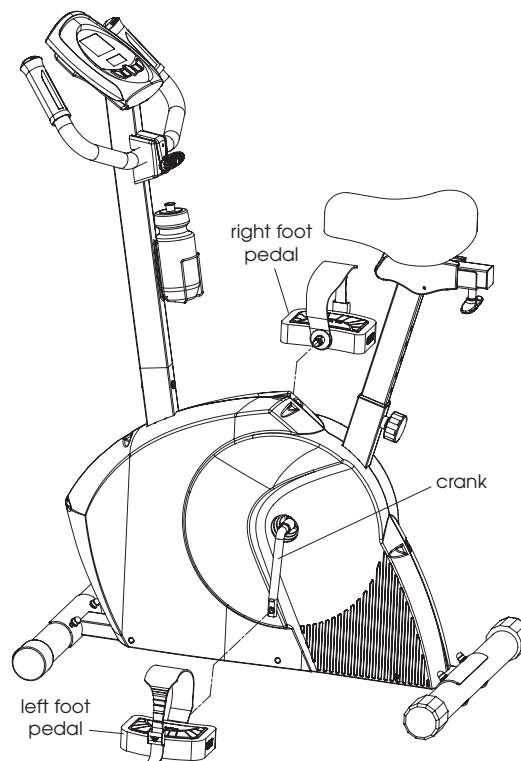
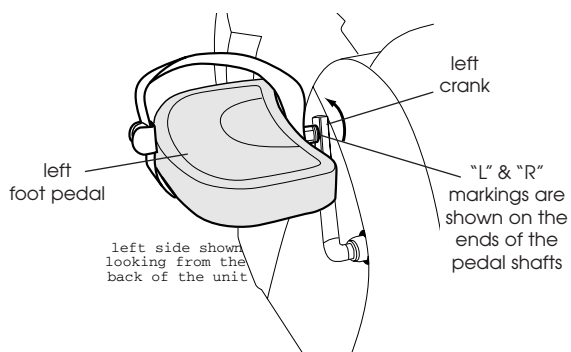
- a) Remove the four Phillips Bolts from the back of the Computer.
- b) Snap together Wire Connectors for Computer, tucking the Wires inside the Computer Tube. **Be careful not to pinch the wires.**
- c) Attach the Computer using the four Phillips Bolts you removed in step (a). Tighten with the Phillips Screwdriver provided.
- d) Remove Battery Door on the back of the Computer.  
Insert four "C" Batteries (included) in numbered order and replace Battery Door.
- e) Plug the Wire from the Handlebar Pulse Sensors into the back of the Computer.

## STEP 7 - Foot Pedal Assembly

The Foot Pedals and the Foot Pedal Cranks are marked "L" and "R".

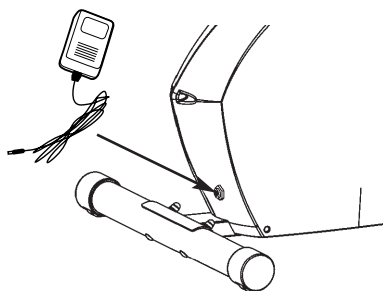
Using the Wrench provided, attach the **Left** Foot Pedal to the **Left** Crank rotating the Wrench **counter-clockwise**. **Do not try to turn clockwise. You will strip the threads.**

Attach the **Right** Foot Pedal to the **Right** Crank rotating the Wrench **clockwise**.



## STEP 8 - AC Adapter

Insert AC Adapter into front of Unit, then plug into wall.

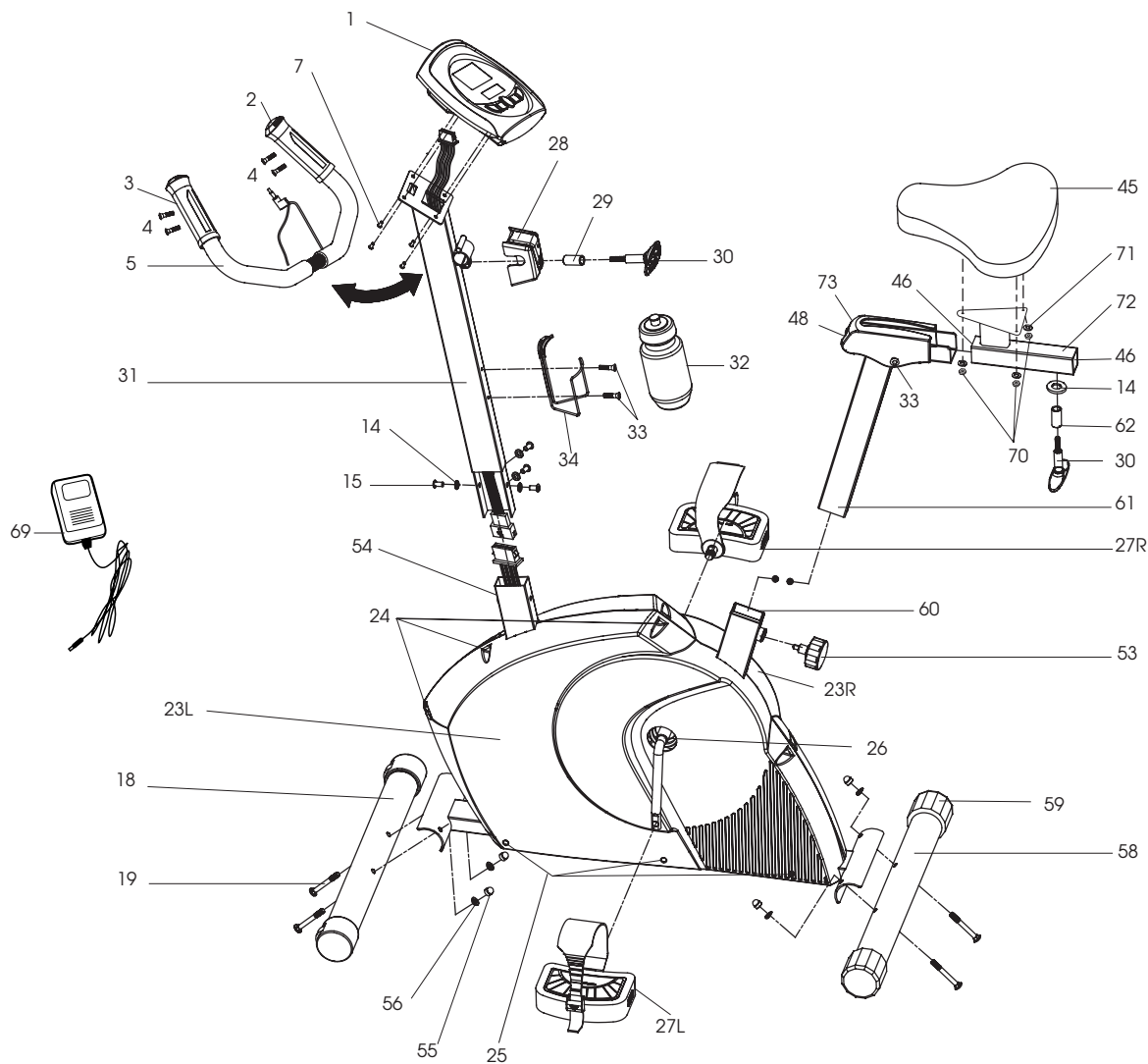


Assembly is now complete.

**IMPORTANT:**  
Please read pages 10-11  
before beginning your workout  
for important instructions  
on how to use your  
New Balance 5100 Upright Bike.

# EXPLODED VIEW & PARTS LIST

PART NO.	DESCRIPTION	QTY.	PART NO.	DESCRIPTION	QTY.
NB5100-01	computer (1)	1	NB5100-32	water bottle (32)	1
NB5100-02	top pulse sensor w/wire (2)	2	NB5100-33	M5 x 16mm phillips bolt (33)	4
NB5100-03	bottom pulse sensor (3)	2	NB5100-34	holder w/clip (34)	1
NB5100-04	M3 x 20mm phillips bolt (4)	2	NB5100-45	seat (45)	1
NB5100-05	handlebar (5)	1	NB5100-46	square plug (46)	2
NB5100-07	M5 x 14mm phillips bolt (7)	4	NB5100-48	M4 x 13mm phillips bolt (48)	3
NB5100-14	M8 washer (14)	5	NB5100-53	height adjustment knob (53)	1
NB5100-15	M8 x 20mm allen bolt (15)	4	NB5100-54	main frame assembly (54)	1
NB5100-18	front foot tube w/wheels (18)	1	NB5100-55	M8 acorn nut (55)	4
NB5100-19	M8 x 70mm carriage bolt (19)	4	NB5100-56	M8 curved washer (56)	4
NB5100-23L	left shroud (23L)	1	NB5100-58	rear foot tube w/levelers (58)	1
NB5100-23R	right shroud (23R)	1	NB5100-59	leveler (59)	2
NB5100-24	M4 x 19mm phillips bolt (24)	4	NB5100-60	bushing (60)	1
NB5100-25	M4 x 25mm phillips bolt (25)	6	NB5100-61	seat post (61)	1
NB5100-26	crank cover (26)	2	NB5100-62	short sleeve (62)	1
NB5100-27L	left pedal w/strap (27L)	1	NB5100-66	allen wrench (66)	1
NB5100-27R	right pedal w/strap (27R)	1	NB5100-67	multi open end wrench (67)	1
NB5100-28	computer tube cover (28)	1	NB5100-68	multi "T" tool w/phillips screwdriver (68)	1
NB5100-29	long sleeve (29)	1	NB5100-69	AC adapter (69)	1
NB5100-30	T-knob (30)	2	NB5100-70	M8 nylon nut - silver (70)	3
NB5100-31	computer tube w/wire (31)	1	NB5100-71	M8 washer - silver (71)	3
			NB5100-72	seat post slider (72)	1
			NB5100-73	seat post cover (73)	1
			NB5100-FP	fastener pack (FP)	1
			NB5100-OM	owner's manual (OM)	1
			NB5100-MC	master carton (MC)	1



## GETTING STARTED

Once your bike is assembled, make sure that your workout space has a solid, level surface with plenty of space around it. We recommend placing a mat under your unit to protect your flooring.

### **Correct Workout Position**

When exercising, you can either keep your back upright or lean forward by resting your forearms on the front handlebar. When pedaling do not lock out your knees, at the bottom of the pedaling motion there should be a slight bend in the knee. Keep your head in a neutral position to minimize neck and upper back strain. Always try to pedal the bike with a smooth and rhythmic motion.

## USING YOUR UPRIGHT BIKE

### **⚠ WARNING**

**RISK OF ELECTRICAL SHOCK. THIS UNIT IS TO BE USED  
ONLY INDOORS AND IN A DRY LOCATION.**

The bike provides a completely smooth and natural feeling that minimizes the impact on your hips, knees and ankles while providing a superior aerobic and muscle toning workout. The durable steel frame and front transport wheels make the unit mobile and easy to use.

#### **IMPORTANT:**

- This unit is not recommended for children.
- Always make sure that you feel balanced and secure.
- Always use your equipment on a clean, solid and level surface.

## DUAL SIDED PEDAL

The bike has a dual side pedal. The top side of the pedal is to be used with shoes and the bottom smooth side of the pedal is meant to be used with a bare or sock covered foot.

To use the bottom side of the pedal, gently nest the balls of your feet into the pedal contour. You may have to try sliding your foot forward and backward before you feel it nest into the pedal. Once your foot is comfortably aligned with the pedal contour, tighten the strap so it is firmly around the foot.

**Top Side of Pedal**



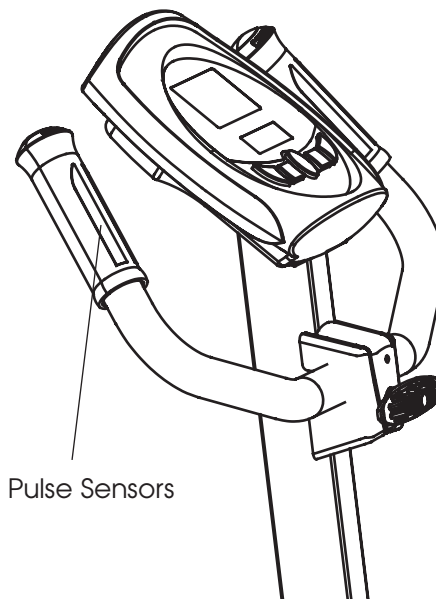
**Bottom Side of Pedal**



## USING THE PULSE FUNCTION ON THE FRONT HANDLEBAR

The Pulse Window on your Computer works in conjunction with the pulse sensors found on the front handlebar. When you are ready to read your pulse:

- 1) Place **both** hands firmly on the pulse sensors. For the most accurate reading, it is important to use **both** hands.
- 2) Look at your Pulse Window. The small heart will begin to blink.
- 3) Your estimated heart rate will appear in the window approximately 6 seconds after you grasp the pulse sensors.
- 4) Refer to the Target Heart Rate Zone Chart found on page 18 of this manual. For additional information about the importance of working within certain heart rate ranges, see page 17 – *Measuring Your Heart Rate*.
- 5) This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.



## OPERATING THE COMPUTER

### WARNING

The batteries must be installed as instructed on page 8. Do not carry batteries loosely, such as in a purse or pocket. The batteries may explode or leak and cause injury if installed improperly, misused, disposed of in a fire or recharged.

### WARNING

Do not plug AC Adapter into wall until computer is completely assembled.



### Introduction

Your unit is equipped with a programmable Computer to help you track your progress and motivate you to reach your fitness goals.

This Computer provides different programs designed to tailor to your fitness goals. Simply choose the program you like, set the time limit and begin exercising. Your Computer will then show your approximate pulse, approximate calories burned, elapsed time, speed and distance traveled.

The Computer is designed for programmable magnetic bikes and introduced with the following categories:

- Functions & Features
- Buttons & Definitions
- Programs

### Functions and Features

**TIME:** Shows your elapsed workout time in minutes and seconds. Your Computer will automatically count up from 0:00 to 99:59 in one second intervals. You may also program your Computer to count down from a set value by using the ▲ UP and ▼ DOWN buttons. If you continue exercising once the time has reached 0:00, the Computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.

**SPEED:** Displays your workout speed in miles per hour.

**DISTANCE:** Displays the accumulative distance traveled during each workout up to a maximum of 99.9 miles. The distance will be displayed in tenths of a mile.

**CALORIES (approximate):** Your Computer will estimate the cumulative calories burned at any given time during your workout. Calorie expenditure

on your Computer is based on realistic expectations; however, your Computer is not individually programmable for all necessary variables to accurately monitor actual calories burned.

The Computer will count up in 0.1 increments. After the display value reaches 999, it will reset to "0" and begin counting from 0.1 again.

**AGE:** Your Computer is age-programmable from 10 to 99 years when you choose Program 11 or Program 12.

**Note:** This unit is not recommended for children.

The age function is only adaptable to Program 11 or Program 12.

If you do not set an age, this function will always default to age 25.

**PULSE (approximate):** Your Computer displays your pulse rate in beats per minute during your workout.

Pulse sensors, located on the front handlebar enable the user to read his/her pulse rate. By grasping the sensors and holding firmly, the display will read your pulse rate in the display window. Your pulse will continue to read as long as your hands stay on the pulse sensors.

**When used properly, the heart rate pulse sensors and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.**



## **Buttons and Definitions**

**ENTER:** This button allows users to set the Program and Time on Programs 1-10 and Time and Age on Programs 11-12.

**START:** This button allows the user to STOP or START exercising. (By holding this button for two seconds the user can reset all values to "0"). The Computer will turn off automatically after approx. 4.5 minutes of non use. All values will then be reset to "0".

**▲ UP BUTTON:** This button allows the user to increase the values of the Tension Level, Time, Age and Program.

**▼ DOWN BUTTON:** This button allows the user to decrease the values of the Tension Level, Time, Age and Program.

**MODE:** Push to select functions of TIME, SPEED, DISTANCE, CALORIES, AGE, TARGET HEART RATE and PULSE.

## **LCD Workout Graphics**

This system offers 12 programs that you can preset the workout time and will divide the time by 10 intervals. If you do not preset the workout time the system will count up the workout time in one-second increments.

### **Programs 1-10:**

See LCD Workout Graphics on next page.

**STEP 1** – Begin by pressing the START button for over two seconds. This will clear any other chosen function.

**STEP 2** – Next press the ▲ UP or ▼ DOWN button to scroll to the desired exercise program.

**STEP 3** – To set TIME, press the ENTER button and use the ▲ UP and ▼ DOWN buttons to set TIME. If you want the TIME to count up from zero, press ENTER to move to the next step.

**STEP 4** – Press the START button to begin exercising. (If you want to exit the Program, press the START button for two seconds and the display will reset.)

Once you begin exercising, your present workout interval will be flashing. You can also increase or decrease your workout resistance by pressing the ▲ UP or the ▼ DOWN button. To PAUSE your exercising program, press the START button, then to resume, press the START button again.

### **Programs 11 and 12:**

These unique programs allow the Computer to adjust the workout resistance according to your heart rate automatically. Grasp the pulse sensors and hold with a firm grip. If the current Heart Rate is greater than the Target Heart Rate, the Computer will decrease the workout resistance automatically. If your current Heart Rate is less than your Target Heart Rate it will increase your resistance. By the resistance changing, the machine will be able to keep your heart rate at its target beats per minute.

**When used properly, the heart rate pulse sensors and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.**

**Important: You must keep your hands on the pulse sensors throughout the entire workout when using Programs 11 and 12.**

**Important: Be sure to set your actual age when using these programs.**

**Program 11:** is designed to allow you to work out at 60% of maximum heart rate (Target Heart Rate)

**Program 12:** is designed to allow you to work out at 85% of maximum heart rate (Target Heart Rate)

## **Operating Instructions for Programs 11 and 12**

**STEP 1** – Press START button for two seconds to clear out previous program.

**STEP 2** – Press the ▲ UP or ▼ DOWN button to choose the desired Heart Rate Program (Program 11 or 12).

**STEP 3** – Press ENTER for TIME mode. Press the ▲ UP or ▼ DOWN button for the desired TIME setting.

**STEP 4** – Press ENTER for AGE mode. Press the ▲ UP or ▼ DOWN button for the desired AGE setting.

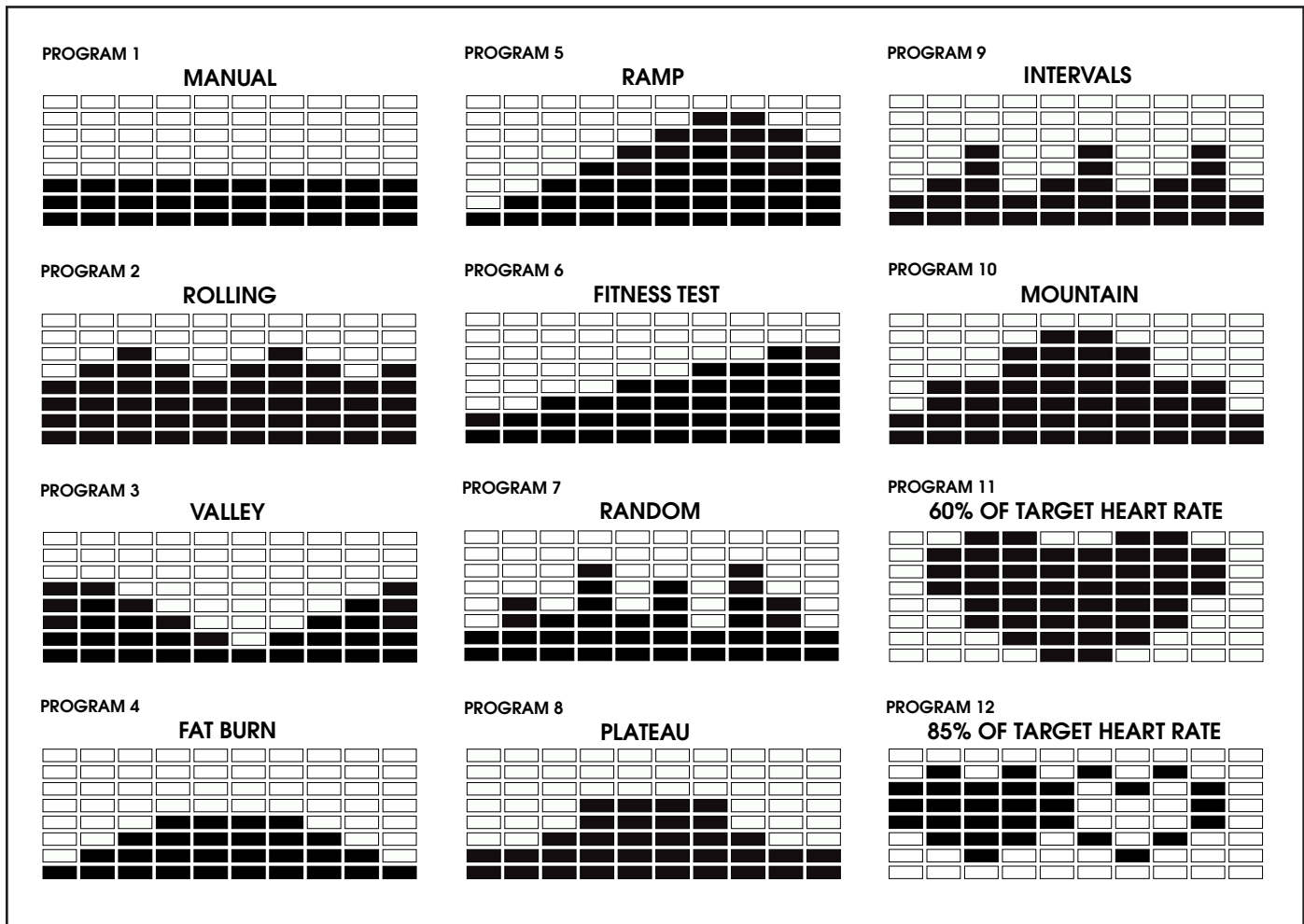
**STEP 5** – Press the START button. You are now ready to begin exercising.

## Program Selection

There are 12 programs with 1 Manual Program, 8 Preset Programs and 2 Heart Rate Control Programs.

## Program Graphics

Each graph shown is the profile of the loading in each interval (column). With the value of TIME counting up, each interval is 3 minutes long and 10 columns total 30 minutes. With the value of TIME counting down, each interval is the value of setup TIME divided by 10. For example, if the time value is setup to 40 minutes, each interval will be 40 minutes divided by 10 intervals (40/10=4). Then, each interval will be 4 minutes. The following graphs are all the profiles in the Computer.



## LCD Contrast Calibration

The contrast of the screen can be adjusted by the following steps:

- During the STOP mode, press and hold the ENTER and ▲ UP buttons together for over two seconds. You will hear a faint beep. This will open the LCD contrast calibration mode.
- Then press the ▲ UP or ▼ DOWN button to adjust the contrast of the screen. Press START button to set the desired level of contrast. There are 16 levels of contrast.



# EXERCISE GUIDELINES

## IMPORTANT

**Please review this section before you begin exercising.**

### **IMPORTANT:**

If you are over 35 and have been inactive for several years, you should consult your physician, who may or may not recommend a graded exercise test.

If you are just beginning your exercise program, your target heart rate range should be roughly at 60% of your maximum heart rate. As you become more conditioned (or if you are already in good cardiovascular shape) you can increase your target heart rate to 70%-85% of your maximum heart rate. Remember, your target heart rate is only a guide.

You should also consult your physician if you have the following:

- High blood pressure
- High cholesterol
- Asthma
- Heart trouble
- Family history of early stroke or heart attack deaths
- Frequent dizzy spells
- Extreme breathlessness after mild exertion
- Arthritis or other bone problems
- Severe muscular, ligament or tendon problems
- Other known or suspected disease
- If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing.
- Pregnant
- Balance impairment
- Taking medications that affect heart rate

## KNOWING THE BASICS

Physical fitness is most easily understood by examining its components, or "parts".

**There is widespread agreement that these five components comprise the basics of physical training:**

**CARDIORESPIRATORY ENDURANCE** – the ability to deliver oxygen and nutrients to tissues, and to remove wastes, over sustained periods of time. Using your bike will improve this.

**MUSCULAR STRENGTH** – the ability of a muscle to exert force for a brief period of time. Upper-body strength, for example, can be measured by various weight-lifting exercises.

**MUSCULAR ENDURANCE** – the ability of a muscle, or a group of muscles, to sustain repeated contractions or to continue applying force against a fixed object. Push ups are often used to test endurance of arm and shoulder muscles.

**FLEXIBILITY** – the ability to move joints and use muscles through their full range of motion. The sit-and-reach test is a good measure of flexibility of the lower back and backs of the upper legs.

**BODY COMPOSITION** – often considered a component of fitness. It refers to the makeup of the body in terms of lean mass (muscle, bone, vital tissue and organs) and fat mass. An optimal ratio of fat to lean mass is an indication of fitness, and the right types of exercises will help you decrease body fat and increase or maintain muscle mass. To help track your progress we have provided Workout Progress Charts on pages 22 – 23.

## A COMPLETE EXERCISE PROGRAM

How often, how long and how hard you exercise, and what kinds of exercises you do should be determined by what you are trying to accomplish. Your goals, your present fitness level, age, health, skills, interest and convenience are among the factors you should consider. For example, an athlete training for high-level competition would follow a different program than a person whose goals are good health and the ability to meet work and recreational needs.

Your exercise program should include something from each of the four basic fitness components

described previously. Each workout should begin with a warm up and end with a cool down. As a general rule, space your workouts throughout the week and avoid consecutive days of hard exercise.

Here are the amounts of activity necessary for the average healthy person to maintain a minimum level of overall fitness. Included are some of the popular exercises for each category.

**WARM UP** – 5-10 minutes of exercise such as walking, slow jogging, knee lifts, arm circles or trunk rotations. Low intensity movements that simulate movements to be used in the activity can also be included in the warm up.

**MUSCULAR STRENGTH** – a minimum of two, 20 minute sessions per week that include exercises for all the major muscle groups. Lifting weights is the most effective way to increase strength.

**MUSCULAR ENDURANCE** – at least three, 30 minute sessions each week that include exercises such as calisthenics, push ups, sit ups, pull ups, and weight training for all the major muscle groups.

**CARDIORESPIRATORY ENDURANCE** – at least three, 20 minute workouts of continuous aerobic exercise each week. Working out on your bike is a good way to obtain this aerobic activity. Other popular aerobic conditioning activities include brisk walking, jogging, swimming, cycling, rope jumping, rowing, cross-country skiing, and some continuous action games like racquetball and handball.

**FLEXIBILITY** – 10-12 minutes of daily stretching exercises performed slowly, without a bouncing motion. This can be included after a warm up or during a cool down. Refer to pages 19 and 20 for a list of total body stretches.

**COOL DOWN** – a minimum of 5-10 minutes of slow walking or lower intensity cycling exercise, combined with stretching.

## **AEROBIC EXERCISE: HOW MUCH? HOW OFTEN?**

Experts recommend that you do some form of aerobic exercise at least three times a week for a minimum of 20 continuous minutes. Of course, if that is too much, start with a shorter time span and gradually build up to the minimum. Then gradually

progress until you are able to work aerobically for 20-40 minutes. If you want to lose weight, you may want to do your aerobic workout five times a week.

It is important to exercise at an intensity vigorous enough to cause your heart rate and breathing to increase. How hard you should exercise depends to a certain degree on your age, and is determined by measuring your heart rate in beats per minute. Refer to the "Measuring Your Heart Rate" section on page 17 for more information on how to determine and measure your heart rate.

You can do different types of aerobic activities, say walking one day, and use your bike the next. Make sure you choose an activity that can be done regularly, and is enjoyable for you. The important thing to remember is not to skip too many days between workouts or fitness benefits will be lost. If you must lose a few days, gradually work back into your routine.

## **WHEN TO EXERCISE**

The hour just before the evening meal is a popular time for exercise. The late afternoon workout provides a welcome change of pace at the end of the work day and helps dissolve the day's worries and tensions.

Another popular time to work out is early morning, before the work day begins. Advocates of the early start say it makes them more alert and energetic on the job.

Among the factors you should consider in developing your workout schedule are personal preference, job and family responsibilities, availability of exercise facilities and weather. It's important to schedule your workouts for a time when there is little chance that you will have to cancel or interrupt them because of other demands on your time.

You should not exercise strenuously during extremely hot, humid weather or within two hours after eating. Heat and/or digestion both make heavy demands on the circulatory system, and in combination with exercise can be an over-taxing double load.

## MEASURING YOUR HEART RATE (see chart on page 18)

Heart rate is widely accepted as a good method for measuring intensity during running, swimming, cycling, and other aerobic activities. Exercise that doesn't raise your heart rate to a certain level and keep it there for 20 minutes won't contribute significantly to cardiovascular fitness.

The heart rate you should maintain is called your Target Heart Rate. There are several ways of arriving at this figure. One of the simplest is: maximum heart rate  $(220 - \text{age}) \times 70\%$ . Thus, the target heart rate for a 40 year-old would be 126. In this example for this 40 year old to get a cardiovascular effect the individual would need to keep their heart rate at or above 126 beats per minute to get a cardiovascular effect. **Note:** Although 70% was used in this example, the heart rate range needed to achieve results falls between 60% and 85% of your maximum heart rate.

If you are just beginning your exercise program, your target heart rate range should be roughly at 60% of your maximum heart rate. As you become more conditioned (or if you are already in good cardiovascular shape) you can increase your target heart rate to 70%-85% of your maximum heart rate. Remember, your target heart rate is only a guide.

When checking heart rate during a workout, take your pulse within five seconds after interrupting exercise because it starts to go down once you stop moving. Count pulse for 10 seconds and multiply by six to get the per-minute rate.

Remember, your bike also comes with pulse sensors located on the handlebar.

**When used properly, the unit pulse sensors can help you to determine your estimated heart rate. To do so:**

- a) Push the start button on your Computer.
- b) Gently grab **both** metal pulse sensors on **both** handlebars. Wait 6 seconds.
- c) Your estimated heart rate range will be displayed on screen. Check the chart on the following page to see if you are within your range according to your age.

**When used properly, the heart rate pulse sensors and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact**

**and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.**

By using the chart on page 18 you can see where your heart rate falls in the minimum and maximum target zones.

The above are guidelines, people with any medical limitations should discuss this formula with their physician.

## CLOTHING

All exercise clothing should be loose-fitting to permit freedom of movement, and should make the wearer feel comfortable and self-assured.

Never wear rubberized or plastic clothing, such garments interfere with the evaporation of perspiration and can cause body temperature to rise to dangerous levels.

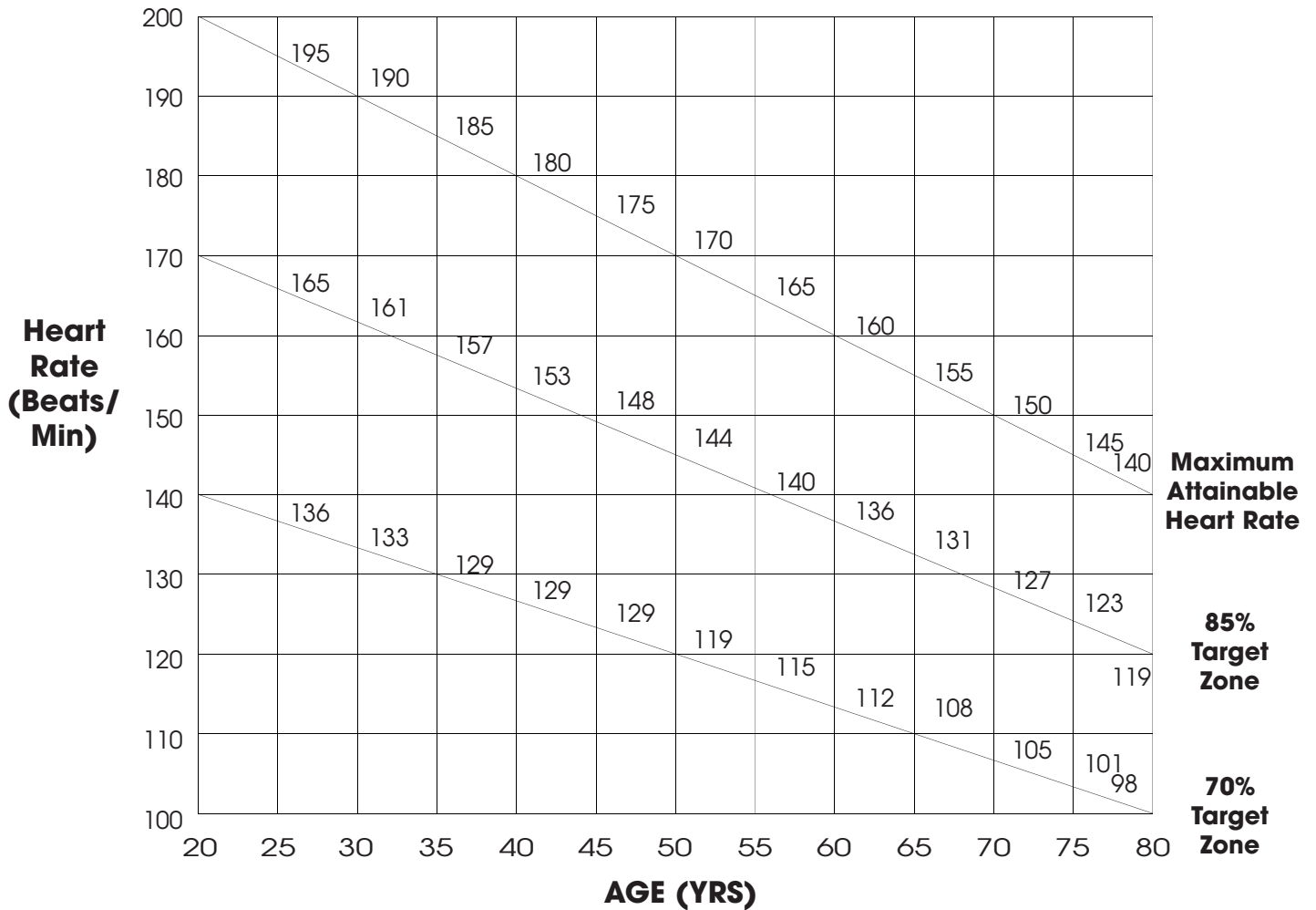
We recommend wearing a workout shoe with a rubberized sole unless instructed otherwise.

## TIPS TO KEEP YOU GOING

- 1) Adopt a specific plan and write it down.
- 2) Keep setting realistic goals as you go along, and remind yourself of them often.
- 3) Keep a log to record your progress and make sure to keep it up-to-date. See pages 22-24.
- 4) Include weight and/or percent body fat measures in your log. Extra pounds can easily creep back.
- 5) Upgrade your fitness program as you progress. Your bike provides 12 different workout programs to keep your workouts challenging.
- 6) Enlist the support and company of your family and friends.
- 7) Update others on your successes.
- 8) Avoid injuries by pacing yourself and including a warm up and cool down period as part of every workout. See page 16.
- 9) Reward yourself periodically for a job well done!

# HEART RATE TARGET ZONE FOR CARDIOVASCULAR FITNESS

**TABLE 1**

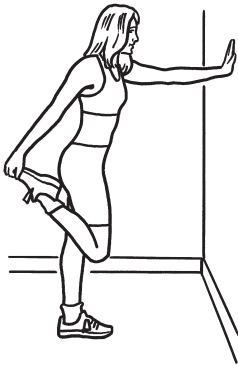


**TABLE 2**

Exercise Week	Warm Up Period	THR% Minutes	Cool Down Period	Total Time	Sessions Per Wk.	Total Time Per Wk.
1 & 2	5 min	60-65% -8	5 min	17 min	3	51 min
3 & 4	5 min	65-70% -10	5 min	20 min	3	60 min
5 & 6	5 min	70-75% -15	5 min	25 min	3	75 min
7 & 8	5 min	70-80% -20	5 min	30 min	3	90 min
9 & 10	5 min	70-85% -25	5 min	35 min	3	105 min
11 & 12	5 min	70-85% -25	5 min	35 min	3	105 min

## WARM UP & COOL DOWN STRETCHES

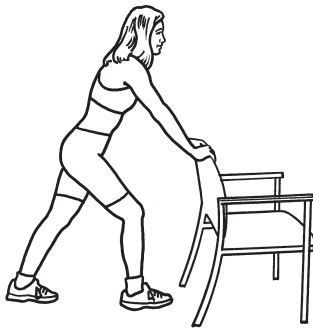
Stretches can help improve flexibility and relieve the tightness in muscles that results from repetitive sport movements that require a limited range of motion. 10 to 12 minutes of daily stretching is recommended. This can be done when warming up or cooling down. When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.



### 1. Quadriceps Stretch

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together. (Do not let the lifted knee swing outward.)

Hold the stretch for 20 to 30 seconds. Repeat for the other leg.



### 2. Calf and Achilles Stretch

Stand approximately one arm's length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



### 3. Overhead/Triceps Stretch

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow.

Hold for 20 to 30 seconds. Repeat for the opposite arm.



#### **4. Back Stretch**

Stand with your legs shoulder width apart and your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go.

Hold for 20 to 30 seconds. Straighten up and repeat.



#### **5. Standing Hamstrings Stretch**

Stand with your legs hip-width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



#### **6. Buttocks, Hips and Abdominal Stretch**

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominals and lower back.

Hold for 20 to 30 seconds and release. Repeat for opposite side.



#### **7. Inner Thigh Stretch**

Sit on the floor and bend your legs so that the soles of your feet are together. Place your elbows on your knees. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh.

Hold for 20 to 30 seconds and release.



#### **8. Arm Pullback**

Stand with your feet shoulder width apart and toes pointing forward and with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest and pull your shoulders back. Bend your elbows slightly and clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder and chest region.

Hold for 20 to 30 seconds. Lower your arms to their original position and bend your elbows. Release your hands and return them to your sides.



## CARE & STORAGE

### ***Care Directions***

Your bike has been carefully designed to require minimum maintenance. However, we recommend the following to keep your unit operating smoothly.

- Use your unit indoors only.
- Wipe all perspiration from your unit with a soft, clean cloth after each use to prevent an accumulation of sweat and dirt.
- Clean your unit on a regular basis to prevent a build-up of dust. Use Windex or an alcohol based cleanser on a clean cloth. Do not use any abrasive cleaners and/or polish as these will damage the surface.
- Store your unit in a dry area away from children and high traffic areas.
- Regularly check the tightness of nuts and bolts.

### ***Storing Directions***

Your unit is compact and portable. It can be easily moved from place to place.

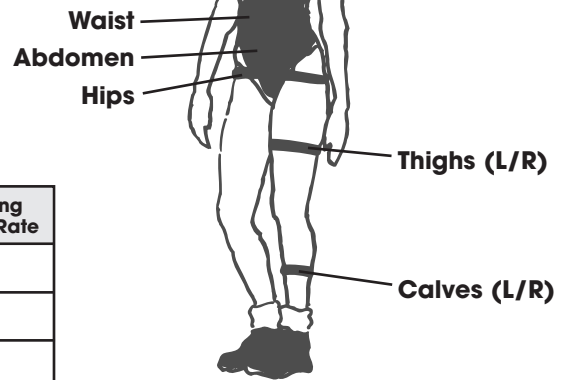
- Stand in front of the bike and grasp the handlebars.
- Pull back, tipping the bike towards you until it is resting on the front transportation wheels/front rollers.
- Wheel the bike to its new location and store in an upright position.



# WORKOUT PROGRESS CHARTS

Use the charts below and on the following pages to keep track of your progress over time. Before writing on them, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done, and this data will help you to chart future fitness goals as you progress. Every two weeks, measure yourself to rechart your progress.

## Measuring Sites



Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate







**Dedication to Quality**

We warrant this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions. See Limited Warranty Card for details.

Save your sales receipt.  
(You may wish to staple it into this manual.)